

## Sisu Ski School:

# Fundamentals of Skiing



## Classic or Skate then LUNCH!

**What:** An adult ski class (men & women) designed for beginner and Intermediate level skiers (you choose skate or classic). Whether you just bought new skis or would like to refine your classic /skating technique, coaches Ben Popp and Mike Nightingale will help you improve your fundamentals and make you a better skier. A tasty healthy lunch is included after we ski and is a fun time to digest the days skiing experience.

**Class size restricted, so sign up early!**

**When:** 5 Friday Afternoons beginning January 6th, continuing through Feb 3th, 11:00 to 12:30

**Where:** Green Acres Rec, Lake Elmo, MN

**Sign-up:** Online [www.sisuskiers.org/masters/registration](http://www.sisuskiers.org/masters/registration) or mail in registration form to : Sisu Nordic Ski Foundation, P.O. Box 485, Willernie, MN 55090

**Other Details:** Cost is \$150 for the 5 week class and includes lunch. Class will always be held so dress for conditions.

**More Info:** [info@sisuskiers.org](mailto:info@sisuskiers.org) • 651.964.8442

